



**THE WORK
HOLIDAY PARTY
OFTEN A VICTIM OF A
SHAKY ECONOMY** {page 31}



**KATY
AND OTHERS
SALUTE THE
TROOPS** {page 23}



TORONTO

metro®

Monday, December 6, 2010
www.metronews.ca



News worth sharing.

Raps. Knicked



► The Raptors' Jose Calderon shoots on the Knicks' Amar'e Stoudemire yesterday. Stoudemire had 31 points as New York easily handled Toronto 116-99. Story, page 34.

CHRIS YOUNG/THE CANADIAN PRESS

Knicks' quick start buries Raptors

Toronto fell behind New York early and never recovered, as the Raptors were denied their bid for a third straight win. Amir Johnson scored 22 points and pulled down a career-high 16 rebounds for the Raps, who hit the road to play the Pacers tonight, with a rematch against the Knicks Wednesday in New York.

Refresher course on expenses

► Documents show prime minister approved \$7,400 tab for 'refreshments' at Privy Council meeting

Prime Minister Stephen Harper personally approved a \$7,400 tab for "refreshments" for public servants about three months before his government announced a crackdown on hospitality expenses.

Harper's signature appears on an Aug. 26 approval form asking him to endorse the refreshment expense for a meeting of staff from the Privy Council Office, the prime minister's own department.

The so-called town hall meeting was held the morning of Sept. 13 at the Westin Hotel in downtown Ottawa, where a meeting room for the affair cost taxpayers about \$5,000 an hour.

The Conservatives' 2009 federal budget imposed a two-year freeze on spending for

\$42,000

Town halls for Privy Council Office staff were inaugurated by the Conservatives in 2006 and have rapidly risen in cost over the years from \$19,000 to \$42,000, the bill for the latest gathering.

travel, conferences and hospitality in all government departments, holding those expenses to 2008-2009 levels. And last month, Treasury Board President Stockwell Day further tightened the restrictions, announcing tougher government-wide rules effective for 2011. **THE CANADIAN PRESS**

Does force even want more cops?

Police at odds with Ford campaign promise {page 3}

Iran says it's fully nuclear

Claims full control over producing nuclear fuel {page 8}

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Classes that make success your business

"The course work and advice from my instructors carried me each step forward. I am indebted to the school and thankful that I made the choice to take Continuing Education courses at George Brown College."



Barbara Stewart

For many years, Barbara Stewart held a dream job as a professional business librarian in New York City. When the market crashed, she was laid off and had to return to Toronto. Job openings in her field were rare, so she focused on realizing her dream instead. Barbara wanted to open her own shop but lacked the right experience. So she turned to Continuing Education at George Brown College. With two courses – Starting a Small Business and Developing a Business Plan – she was able to quickly develop the skills and find the resources she needed to accomplish her goal. Barbara's gift and tea shop opened its doors in May 2010.

Read more stories of continuing inspiration in our newest course guide. There, you can also browse the courses and certificates we offer. Barbara found success within our Business Skills and Management area of interest. Find the areas that interest you.



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Metro. Newsmaker of the year

Who is your Toronto newsmaker of the year?

Was 2010 the year of Hurricane Hazel or does the gravy train stop with Rob Ford?

Maybe it was Miller time, or did Dalton dominate the headlines? Let us know who your Toronto news-maker of the year is. Who do you think had the most profound impact on the city in 2010. Did hip-hop megastar Drake do it for you, or did Rachel McAdams leave you



starstruck? Were you inspired by Leafs GM Brian Burke during a difficult year on and off the ice, or is your top Toronto newsmaker someone else? It's time for you to decide. Tell us who rocked your 2010 and why by emailing

your Toronto newsmaker of the year to torontoletters@metronews.ca or on Twitter [@metro-toronto](https://twitter.com/metro-toronto). Voting ends Dec. 17.

Ford's pledge causes a fuss

► Mayor Rob Ford vows to hire 100 new police officers ► A top official says the police force already struggles to balance the budget and new hires would worsen the problem

Following through on a campaign promise, Mayor Rob Ford has vowed to hire 100 more police officers as soon as he finds the cash.

Police officials are reticent to publicly refuse additional manpower, but those in high-ranking circles are questioning why the tight-fisted mayor made the costly pledge without consulting the service, its union or its board, about whether more officers are

needed.

Since 2005, crime is down across Toronto by about 30 per cent. Over that same period, the force has been struggling to get hold of its worsening financial crisis.

Last year, the police board was left no choice but to defer millions in reserve payments in order to balance a bare-bones \$900 million budget. That number is up \$40 million from

the previous year due almost entirely to salary commitments.

Wages and benefits account for 90 per cent of the police budget, which is also the largest item in Toronto's \$9.2 billion operating budget.

The mayor and his team have estimated the new officers would cost the city \$15 million a year, which includes salaries, training and equipment.

"Part of the difficulty is the chief hasn't had any discussions with the mayor yet ... The chief has said that he wants to discuss that with the mayor before he comments."

MARK PUGASH,
CHIEF BILL BLAIR'S SPOKESMAN

"Adding 100 more officers at this point would only worsen the problem," said one top official. "There are much better uses for additional funds Mr. Ford could offer."

For one, in three years the service's strained budget is already scheduled to take a \$4 million hit, when federal funding for 38 recent recruits expires, the official said.

TORSTAR NEWS SERVICE

Man dies in Scarborough crash

One man is dead and another is injured after a high-speed crash that ripped a car in two early yesterday.

The single-vehicle collision occurred at about 4:20 a.m. at 422 Brimorton Dr., a residential street near Markham and Ellesmere roads in Scarborough.

The two Toronto men

were travelling in a Pontiac Sunfire when it drove off the road, slamming into a tree, a pole and a second tree before coming to a stop, said Sgt. Tim Burrows of Traffic Services.

When the car collided with the pole it broke apart into two pieces and the men were thrown out the back of the car, he said.

The 28-year-old driver was pronounced dead at the scene and his 27-year-old passenger was taken to Sunnybrook hospital with non-life threatening injuries.

"Speed was definitely a factor," Burrows said.

"Take the speed out of the equation and this crash doesn't happen," he added. TORSTAR NEWS SERVICE

Union Gas to help families in need

Union Gas and the United Way are teaming up to warm up families in need.

The utility has launched its annual Winter Warmth program offering relief to low-income families who are struggling to make ends meet.

A Union Gas spokes-

woman says they are providing financial assistance up to \$500 per household.

She says customers of the utility who are having trouble paying their bills can visit the Salvation Army which will help them go through the application process. THE CANADIAN PRESS

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news


News on the move

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On the web at metronews.ca



After being diagnosed with terminal cancer, a woman fulfills her dream of being a truck driver. Video at metronews.ca.

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Canadian troops move into Taliban redoubt in what could be last big push of combat mission. Scan this code for the story.

New heights for apartment towers: Report

► New research catalogues area's postwar highrises and explores how they can be integrated with initiatives on transit, urban planning and climate change

More than a million people live in highrise apartment towers in the Toronto region.

Almost 2,000 of the drab and dreary concrete monoliths — most built in the modernist era of the 1960s and 70s — are scattered across the Greater Golden Horseshoe: from Niagara to Waterloo to Barrie to Peterborough. They are clustered here more than anywhere else in North America, yet until recently, they have been largely ignored by planners and politicians.

But they are also places of great opportunity. The combination of population density and poorly used space offer enormous potential.

Or, as the authors of a new report put it, "Tower neighbourhoods provide a large geography for action."

Released today, the report takes an inventory of the region's ubiquitous postwar towers — built between 1945 and 1984 and standing at least eight storeys high — and also connects the dots to illus-

"It's much easier to take a place that already has 1,000 people and turn it into a vibrant community than it is to start from scratch."

GRAEME STEWART,
E.R.A. ARCHITECTS

trate how the towers, often resented as a blight on the skyline, could lead a number of provincial and municipal initiatives, from poverty reduction to cutting emissions.

"The interesting thing about tower renewal is that it does touch upon so many different things and there are so many actions than can come out of it," said Graeme Stewart, one of the report's authors. "That's when the light bulb went off for the province."

Ontario's Growth Secretariat commissioned Stewart, of E.R.A. Architects, along with Jason Thorne of planningAlliance and the Cities Centre at the University of Toronto to create

Vertical horizons

The postwar "tower-in-the-park" highrises are uniquely popular in this part of North America and scattered here more than anywhere else on the continent. Here are where most of the towers are located:

- Toronto — 1,189
- Peel — 221
- Hamilton — 196
- Halton — 84
- Waterloo — 67

the report.

Their research takes the work of 2008's groundbreaking study of Toronto's towers — which was so emphatically championed by former mayor David Miller that it became known as the Mayor's Tower Renewal — and expands it to the entire area.

"The kinds of things Toronto has been looking at since this came out we're hoping other municipalities will start to look at," Stewart said.

TORSTAR NEWS SERVICE



► Pedestrians walk past a tropical beach pictured on the side of a travel office at Eglinton and Dunfield streets yesterday afternoon as flurries hit the city.

Winter wallop heads for southern Ontario

Let it snow

Myles Currie, director of Toronto's Transportation Services, said crews have been prepared for the past couple of weeks.

- City transportation crews were monitoring road conditions yesterday. Crews did some anti-icing on bridges and hills and put salt down on some icy patches over the weekend.
- The city's arsenal has some new equipment — trucks with rear right salt spinners that can salt bus stops more quickly.

Some areas of southern Ontario will become a winter wonderland that's wicked for driving while others will get off "scot free" during a slow moving storm.

Environment Canada says a lake effect snowstorm will bring much of southern Ontario its first real winterlike weather of the season. Severe weather meteorologist Rob Kuhn says some areas could receive up to 60 centimetres, while others will only get flurries.

He says the storm is being caused by a sustained cold northwesterly flow over the relatively warm

open waters of Lake Huron and Georgian Bay.

The GTA is expected to receive its first enduring snowfall of the season. In the city of Toronto, six to eight centimetres are possible. There will be less snow downtown, maybe enough to make the grass white, said Kuhn.

"The key phrase is local. Some parts of the city will only get a trace," he said.

Areas north of Toronto, such as Aurora, Newmarket and Alliston have snowsquall warnings or watches and could get 15 to 25 centimetres of snow, Kuhn said. THE CANADIAN PRESS



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Search stepped up for boy

Fifty to 60 police officers started an extensive grid search last night to find a teenager from Mississauga who is moderately autistic.

Police have been looking for Robert Capovilla, 16, since he left his home about 2 p.m. Saturday.

The teenager has the mental capacity of an eight- or nine-year-old boy and his family is worried about his safety. Peel Regional Police Const. George Tudos said a decision was made to step up the search with more officers since it's been more than 24 hours since the boy was last seen.

THE CANADIAN PRESS

Give a gift, get a gift today

Cover FX, in support of Daily Bread Food Bank, invites you to get mistletoe ready lips today. Bring a non-perishable food item for the Daily Bread Food Bank and get a free MintGlaze FX. The exchange will take place at the north end of the Eaton Centre, on Yonge Street across from Dundas Square from 11:30 a.m. to 1:30 p.m. Look for the Cover FX Elves.

METRO



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Freedom to ring for the Salvation Army



Salvation Army
Capt. Sandra Ross

Little-known ban of Sally Ann kettle bells in the Eaton Centre overturned after firestorm of criticism

The Salvation Army's kettle bells will ring once again at the Eaton Centre, ending a controversy that began last week.

Under an agreement reached yesterday, mall operator Cadillac Fairview announced that it will allow the Salvation Army's bells to ring at all the company's shopping centres during the holidays.

The Salvation Army's

bells were silenced eight years ago because of complaints from tenants that the noise from the bells was distracting and bad for business.

The policy came to the public's attention just last week and it immediately touched off a firestorm of criticism.

Cadillac Fairview was bombarded with complaints from shoppers, and

Capt. John Murray of the Salvation Army was besieged with interview requests as the bells issue became a hot-button topic on radio talk shows.

Cadillac Fairview said at the time the policy was developed by a former management team, and the current managers were not aware that the silencing of the bells was an issue. TORSTAR NEWS SERVICE

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Holiday. Spirit



► Toronto Mayor Rob Ford hands out turkeys at Honest Ed's on their annual turkey giveaway. The event was one of Ford's first public functions as mayor.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Torontonians gobble up turkeys

Mayor Rob Ford wished everyone a Merry Christmas as he helped the Mirvish family hand out free turkeys at the annual Honest Ed's turkey giveaway yesterday. Hundreds of people waited in the cold to get a frozen bird and some fruitcake. More than 4,500 kilograms of turkeys were handed out at the event, which was started by the late retail and theatre entrepreneur Ed Mirvish.

New rules anger parents

York Region parents are up in arms over a new French immersion registration process that could split up siblings and bus them to different schools.

"The whole thing is a complete and utter mess," says Martha De Simone, whose son, Jeremy, is in Grade 4 French immersion. She had planned to enrol her 18-month-old daughter in the same program, but says there is now no way of knowing if Taylor will get to go to the same school as

"Her future is decided by a computer?"

MARTHA DE SIMONE, PARENT

her big brother.

The school board announced last week a new online "random ranking" that slots children into schools will replace the former first-come-first-served system where parents would line up at the school of their choice to register their child in

Grade 1 immersion.

According to the board, the new system is the only "equitable" way to allocate coveted immersion spots.

Board spokesman Ross Virgo says the old system unfairly disadvantaged families new to York and parents who couldn't stand in line. The Toronto District School Board has an online registration system, but families with children already enrolled in immersion get priority.

TORSTAR NEWS SERVICE

Many not using Feds' education money: Report

► Poorer families could benefit most from program that helps with kids' post-secondary study: Report co-author

Only one in five low-income families in Canada has taken up the federal government's offer of free money for their children's post-secondary education.

Six years after the launch of the Canada Learning Bond, the families of only 212,000 children, or 19 per cent of those eligible, have taken advantage of the benefit, said a new study released this month by Toronto's Omega Foundation.

Through the learning bond, Ottawa contributes a maximum of \$2,000 to a

low-income child's tax-sheltered Registered Education Savings Plan (RESP).

As long as a family has an after-tax household income under \$40,970 a year, it can open an RESP account for a child born in 2004 or after, apply and get the money, with no strings attached. Unclaimed money goes back to Ottawa's coffers.

Yet as of 2009, more than 880,000 children, including 60,000 in Toronto, had not claimed the bond they were entitled to.

"The federal program is

83 According to the 2008 EKOS survey, 83 per cent of low-income families had heard of the RESP program, but only half knew what it was.

benefiting the high-income families, when the low-income families can benefit from it most," said May Wong, Omega's executive director and a report co-author. "The money can make a big difference in their children's academic aspirations." TORSTAR NEWS SERVICE

Cuts hurt services: Librarians

University librarians say budget cuts have led to less service for students at a time when enrolment is booming.

"The buildings are open, but not the service desks," says Constance Adamson, an academic librarian at Queen's University who is vice-president of the Ontario Confederation of University Faculty Associations.

"We've been cutting back the hours of the ref-

erence desk service at all campus libraries."

The association is releasing a survey today of 200 university librarians province-wide — representing one-third of their total numbers — that says their workloads have increased over the past three years as 28,000 additional students have entered the system. At the same time, staff has been lost through attrition.

"Our entire staff complement has withered by 20 per cent" from the 2004-5 academic year until now, she added. "It's gone from 153 full-time equivalent positions to 123."

And like all departments at Queen's, the library has this year been asked to reduce its budget by 1.5 per cent, but the cost of acquiring materials goes up 3 to 5 per cent each year.

TORSTAR NEWS SERVICE



Little Mosque on the prairie

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MURDER IN HONDURAS

Daughter heading home

A young woman who witnessed her father's murder onboard his boat in Central America is on her way home.

Myda Egrmajer's cousin says she's en route from Belize to her mother's home in northern Ontario.

Marian Hester says

the community is rallying around the family, who she described as being wonderful people.

Myda had been visiting her father Milan on his boat in Honduras when they docked in a remote lagoon late Thursday night.

It's unclear what happened next, but Milan was killed and Myda managed to flee and was taken to the neighbouring Belize.

But Hester says the story of how she escaped is Myda's alone to tell.

THE CANADIAN PRESS

Iran says it's got the nuclear power

► Country declares self-sufficiency ► 'It's our only choice,' top official tells Metro ► Tehran claims it's being unfairly scrutinized

The head of Iran's Atomic Energy Agency said yesterday that the country now produces everything it needs for the nuclear fuel cycle, making its nuclear program self-sufficient.

The U.S. and its allies fear Iran will now develop nuclear weapons, which use highly concentrated nuclear fuel.

On the day of the announcement, Reza Najafi, Iran's top disarmament official, spoke with Metro at an international security summit in Bahrain.

Iran is about to enter talks about its nuclear energy program with the five members of the UN Security Council and Germany. What does Iran want from the international community?

The important thing for Iran is the recognition that under the NPT (nuclear non-proliferation treaty), we have the right to peaceful use of nuclear power in all areas. This includes the production of nuclear fuel. We can't accept anything less than this.

Iran claims it's not trying to develop nuclear weapons. How can this be verified?

It is. It's very strange



► Iran's top disarmament official, Reza Najafi.

that Iran, which has signed the NPT, is constantly being monitored by the IAEA (the International Atomic Energy Association). They have thousands of cameras in our nuclear facilities, but in North Korea, which is rumoured to be developing nuclear weapons, they don't have a single one! No country in the world gets an IAEA report of the kind Iran does. Nobody monitors the number of nuclear centrifuges in countries like Germany, Holland and the nuclear-weapons countries.

In other words, Iran is being unfairly singled out?

Yes. The UN Security Council wants us to suspend our nuclear activities, but giving up nuclear power is not an international obligation. How can our nuclear facilities, which are under constant monitoring by the IAEA, be a threat to world peace? And why does the Security Council close its eyes to Israel, which has already developed 200 nuclear warheads, each of them targeted on a capital in the Middle East? This is the real threat. But every time a member the Security Council proposes a resolution expressing concern over Israel's nuclear

threat, one of the veto holders (the five permanent members) prevents it. It's very clear that the Security Council is just a few countries, not the international community.

Which countries does Iran count on for support?

We count on ourselves! And we have the support of the public opinion. Our president went to Lebanon (and) the people received him in an unprecedented fashion. This is the public opinion about Iran! The public opinion is not what U.S. and Western media write.

● METRO WORLD NEWS

Memorial for Air India victims

The Harper government says it will introduce a plan this week to ensure a tragedy like the 1985 Air India bombing never happens again.

Immigration Minister Jason Kenney made the announcement yesterday at a ceremony in Montreal, where ground was broken on a memorial dedicated to the victims of the worst terrorist attack in Canadian history.

An inquiry report released this summer catalogued a litany of federal failures before and after the attack, which killed 329 people, most of them Canadians.

Prime Minister Stephen Harper has apologized on behalf of the federal government but hasn't acted on other recommendations made in the report.

The recommendations



► Jason Kenney

include a one-time payment to family members of victims.

Kenney said the memorial will serve as a place for quiet contemplation to remember the victims.

THE CANADIAN PRESS

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EU says war is lost cause

► European troops in Afghanistan 'out of deference to the United States'

WIKI
LEAKS



Leaked diplomatic memos said that European Union President Herman Van Rompuy told America's ambassador that the EU no longer believes in success in Afghanistan.

U.S. Ambassador to Belgium Howard Gutman, in the memo released by WikiLeaks, quotes Van Rompuy as saying in December 2009 that the EU will wait until the end of 2010 to see progress.

The former Belgian prime minister who at the time was EU president-designate, reportedly said that "if it doesn't work, that will be it, because it is the last chance."



"No one believes in Afghanistan any more."

LEAKED DIPLOMATIC MEMO CITING
FORMER E.U. PRESIDENT HERMAN
VAN ROMPUY

"Europe is doing it and will go along out of deference to the United States but not out of deference to Afghanistan," the memo said citing Van Rompuy.

Last month, alliance leaders endorsed a plan to turn over responsibility for security to Afghan forces next year. The summit in Lisbon, Portugal, said NATO's combat role would end in 2014. **THE ASSOCIATED PRESS**

Documents say China's leader took aim at Google

Contacts told American diplomats that hacking attacks against Google were ordered by China's top ruling body and a senior leader demanded action

after finding search results that were critical of him, leaked U.S. government memos show.

One memo sent by the U.S. Embassy in Beijing to Washington said a "well-placed contact," who was not identified, told diplomats the Chinese government co-ordinated the attacks late last year on Google Inc. under the direction of the Politburo Standing Committee, the apex of Communist Party power. **THE ASSOCIATED PRESS**

Harvest in Mexican village hits new lows

A 193-nation climate conference in Cancun, Mexico is debating lowering Carbon and other emissions causing the Earth's temperature to rise.

Just 155 kilometres south in Tabi, those who re-

ly on corn for food are seeing the effects.

Yield has reduced by 50 to 60 per cent the past 15 years, says Mexico's department of rural development.

Villagers noticed days warming and trees flowering oddly 10 years ago.

"We don't know what's going on. All we know is that something has changed," says Araceli Bastida Be, 31, who tends her own corn crop in the tiny village of 400 people.

THE ASSOCIATED PRESS

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Seeing. Red



► Skiers and snowboarders dressed as Santa ride up a ski lift yesterday.

Trading sleigh for board

As part of the 11th annual Santa Sunday at Sunday River in Newry, Maine, participants get free lift tickets if they wear Santa hats, jackets, pants and beards and donated \$10 or more to the Bethel Rotary Club's annual toy drive.

Shop early. Don't be disappointed. No rain checks and no price adjustments. Offers available while quantities last. Selection will vary by store. Cannot be combined with any other offers. Savings are off our regular prices, unless otherwise specified. See in-store for details.

News in brief

High driver hit cyclists: Cops

ROME. A speeding car plowed head-on into a group of cyclists in southern Italy yesterday morning, killing eight of them, officials said.

Police officials said the driver had smoked marijuana.

THE ASSOCIATED PRESS

Deadly rains continue

CARACAS. Floods and mudslides caused by torrential rains prompted authorities to evacuate hundreds more Venezuelans from high-risk regions yesterday and stoked fears that voters would abstain from important elections in 11 cities and two states.

The forecast is for more rain in several of the Venezuelan states hit hardest by a weeks-long deluge.

THE ASSOCIATED PRESS

Christians killed in Iraq

BAGHDAD. Iraqi police are reporting a new attack on Christians in Baghdad by gunmen who broke into the home of an elderly couple and killed them.

It was the latest attack on the country's Christian minority, which has been fleeing the country in droves since an Oct. 31 assault on a Catholic church that killed 68.

Al-Qaida's front group in Iraq has threatened Christians, saying the violence is retribution for Egypt's Coptic Church holding women captive for converting to Islam.

THE ASSOCIATED PRESS

The Callebaut chocolate war



Scan code for story

Tories delay gun regulations again

► Third time Harper government delays Liberal-created regulations ► Were planned to go into effect in 2006

The Harper government has once again delayed implementation of regulations that police say they need to quickly trace guns used in crimes.

The government quietly posted a notice last Tuesday — one day before the firearms marking regulations were to have come into force — disclosing that implementation has been postponed until Dec. 1, 2012.

The government has also deferred for another two years regulations governing the possession and use of firearms at gun shows.

Gun enthusiasts, who hope the regulations will be put off until the Conservatives can win a majority and can scrap them altogether are applauding the



► Stephen Harper

moves.

The Canadian Shooting Sports Association sent out an alert last week noting that it has been "working tirelessly" to delay both sets of regulations.

The regulations are supposed to bring Canada into

compliance with international protocols requiring import marks on firearms.

The objective is to shorten the time it takes to trace guns that cross national borders as part of normal commercial transactions.

THE CANADIAN PRESS

Liberals angered

Liberal public safety critic Mark Holland said the delay is proof "Conservatives are clearly more interested in listening to the gun lobby than to police."

► He said it's "disgraceful" the deferral was announced prior to today's 21st anniversary of the Ecole Polytechnique massacre, in which 14 female students were gunned down.

► In 2007, just before the Harper government postponed regulations for a second time, the three national associations representing police in Canada joined to plead for implementation.

► "This can make the difference between a firearm trace taking hours versus months," said a jointly written letter.

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New census unreliable: Researchers

► Changes will result in less reliable data ► Universities to rely more on grants for private data

Researchers say they will no longer be able to use data from the census once it becomes voluntary in 2011. As a result, they will need more money from the federal government to buy substitute data from private organizations.

That will likely mean that some research will never get funded and won't be able to proceed.

Post-secondary institutions in Canada are already facing a funding crunch. This year's budget increased its spending on federal grant agencies but only after it cut funding by \$147.9 million over three years in 2009.

THE CANADIAN PRESS

Census change

- The Conservative government announced in June that they would scrap the mandatory long-form census in favour of a voluntary version.
- Economists, medical researchers, lawyers, and others opposed the decision on the grounds it would deny them important data they require to do their work.
- Former chief statistician Munir Sheikh resigned as head of Statistics Canada because he felt the voluntary version of the census would not produce reliable information.

Spain. Airports



► A nun waits at a check-in desk at Barajas Airport in Madrid yesterday.

PAUL WHITE/THE ASSOCIATED PRESS

Spain returns to the air

Spain's civil aviation agency said all airports were functioning normally yesterday after a wildcat strike by air traffic controllers was quashed by the government, which used unprecedented emergency measures to do so.

Two claim victory in Ivory Coast election

International mediators tried to intervene yesterday in Ivory Coast's growing political crisis after both candidates in the disputed election said they were now president, raising fears the country could again be divided in two.

In the northern opposition stronghold of Bouake, several hundred people marched down a main boulevard yesterday, calling for incumbent Laurent Gbagbo to stand down.

The international com-



► Laurent Gbagbo

munity has recognized opposition leader Alassane Ouattara as the winner of the presidential runoff vote held one week ago.

THE ASSOCIATED PRESS

Xmas trees for families of soldiers

10 There are 10 Ontario Christmas tree farmers participating in the program.

More than 1,000 real Christmas trees are being distributed across the country to families of Canadian soldiers deployed overseas during the holiday season.

At CFB Trenton, Ont., Eve Lawrence notes it's dif-

ficult for them when their spouse is away for the holidays and this is a way for the community to show appreciation for the soldiers' extra dedication.

The Trees for Canadian Troop Families Program was established four years ago.

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A controversial stench in Halifax



► Hollywood star and Halifax native, Ellen Page, spoke out against the use of biosolids.

► Use of treated waste creates debate ► Hollywood star takes a side

A debate about poop in Halifax has spawned a controversy that some say has pitted emotion against science and has even drawn Hollywood star Ellen Page into the fray.

The city council has put the use of treated waste, known as biosolids, on hold until the results of an external assessment are in hand, likely sometime next year. But for months, municipal politicians have been mired in a debate that has been polarizing.

Page, a Halifax native and environmental activist, came under some criticism after she came out strongly against the use of biosolids. "I'm always getting that, 'Oh, look at the young actress. She's not a scientist, blah, blah, blah!'" Page said in a telephone interview from Los Angeles.

"Of course I'm not a scientist but I'm allowed to have common sense and care about the planet," she said, adding that Halifax is

"You've got to consider that this isn't coming right out of the toilet"

ROB SAMPSON, N-VIRO PRESIDENT

still her primary residence.

Page, who was nominated for an Oscar, says she has no desire to create drama or make anyone look bad but she does have concerns about sewage sludge — even after it is treated.

"It's taking all the waste of our current society with its sickness and toxicity. That's what they're treating in a very short amount of time and what they are saying is safe and, quite frankly, I don't believe it."

Rob Sampson, president of N-Viro, the company taking the sludge from the city's sewage treatment plants and processing it into usable compost, said he wishes people would tone down the rhetoric and examine the facts.

THE CANADIAN PRESS

No tax increase in the U.S.



► Senate Republican leader, Mitch McConnell.

The Senate Republican leader says it has become clear now that taxes will not be raised for anyone during the current economic downturn.

Sen. Mitch McConnell's assessment comes a day after Senate Republicans voted down Democratic efforts to limit any extension of the Bush-era tax cuts for the top-earning

Americans.

President Barack Obama then signalled a willingness to give in to Republican demands that the tax cuts that expire at the end of the year be extended at all levels.

McConnell told NBC television's Meet the Press Sunday that the question on tax cuts is how long they might be extended.

On the issue of aid to jobless Americans, McConnell says he believes that unemployment compensation will be extended again.

Republicans have insisted that any extension of jobless aid be paid for with cuts elsewhere in the federal budget, and The White House opposes that.

THE ASSOCIATED PRESS

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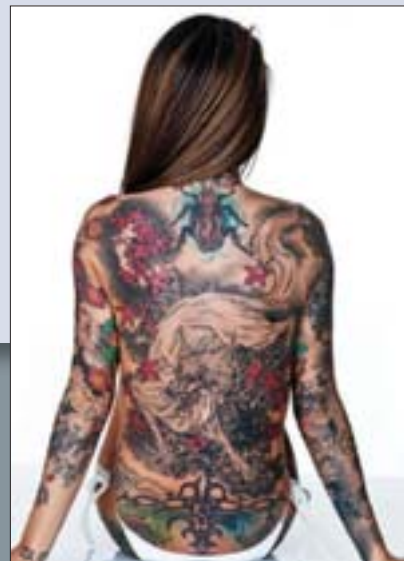


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Piece of 'infamous U.S. history' for sale

► Unabomber captured at Lincoln, Mon., cabin in 1996, now housed in maximum security prison in Colorado

A 1.4-acre (0.6-hectare) parcel of land in western Montana that was once owned by Unabomber Ted Kaczynski is on the market for \$69,500.

The listing — by John Pistelak Realty of Lincoln — offers potential buyers a chance to own a piece of "infamous U.S. history."

"This is a one of a kind property and is obviously very secluded," the listing says. It does not say who owns the property.

The forested land, which had been listed at \$154,500, does not have electricity or running wa-



ter. Photos posted with the online listing show tall trees, chain-link

fences topped by barbed wire and a tree with "FBI" carved into it, though it's not clear why. Pistelak said Friday he couldn't immediately comment on the listing.

The property does not include Kaczynski's cabin, which is on display at the Newseum in Washington, D.C.

Kaczynski is serving a life sentence for killing three people and injuring 23 during a nationwide bombing spree between 1978 and 1995.

THE ASSOCIATED PRESS

Egypt. Election



► Egyptian women go through security check by police officers outside a polling station, on their way to vote during the runoff of the parliamentary elections in Cairo, Egypt yesterday

WASSER NASSER/THE ASSOCIATED PRESS

Mubarak victory all but certain

Egypt held runoff parliamentary elections yesterday that are certain to hand President Hosni Mubarak's ruling party a crushing victory after the two main opposition groups decided to boycott in protest of alleged fraud in the first round.

Harmless hippo freed in meadow

The owner of a private zoo in Montenegro says he has released a hippo from her cage because it was flooded and the animal was in danger.

Nikola Pejovic says that the two-ton hippo is "under supervision" in a nearby meadow. THE ASSOCIATED PRESS

Pot bust a first for Leamington

Provincial police in Leamington have announced they have made their first drug bust.

Two officers entered a bank on Erie Street and smelled freshly burnt marijuana on a man leaving the bank on Saturday morning. THE CANADIAN PRESS

Uzi death of boy, 8, goes to trial

A former police chief from western Massachusetts is set to go on trial on manslaughter charges in the accidental shooting death of an eight-year-old Connecticut boy who was shooting an Uzi at a gun fair.

THE ASSOCIATED PRESS

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WIND ENERGY

Lobbyists want program extended

Recent growth in wind energy projects in Canada could be undermined if a big federal tax break is not renewed when it expires next spring, industry watchers say.

After a shot in the arm for the industry last week, when Ontario announced more than 600 direct jobs would be created with the opening of two

new wind turbine parts factories next year, the sector's main lobby group hopes that incentives for the industry will continue to flow.

They're concerned because the \$1.48-billion federal ecoENERGY for Renewable Power program, which gives companies one cent per kilowatt hour as an incentive for renewable energy projects, is set to end in March.

The Canadian Wind Energy Association has lobbied the federal government to extend the incentive program past the March deadline, but says it believes Ottawa is unlikely to do so.

THE CANADIAN PRESS

Interest rate hike unlikely: Economists



▶ Bank of Canada Governor Mark Carney has voiced concerns about consumer debt in the past.

▶ Reports say pace of economic recovery weaker than forecast

Bank of Canada governor Mark Carney takes centre stage this week with his last interest rate announcement, but given the persistent economic uncertainty it's widely expected he'll leave the bank's influential policy rate untouched at one per cent.

"The bank will be in absolutely no rush to raise rates," Douglas Porter, deputy chief economist at the Bank of Montreal, said Friday.

The vast majority of economists say an interest rate hike is off the table when Carney addresses the issue tomorrow — an assumption that had been built into economic models for months but was solidified by lukewarm economic reports released last week.

The Bank has already raised the rate three times

"They're unlikely to raise rates any time soon in early 2011."

DOUGLAS PORTER, DEPUTY CHIEF ECONOMIST AT BANK OF MONTREAL this year in increments of 0.25 percentage points in three sequential announcements in June, July and September.

Many observers don't believe the economy will be strong enough to give Carney a reason to raise interest rates until the second half of next year, leaving consumers in an extended period of low interest rates.

With little possibility of a rate hike, economists will instead focus on the tone of Carney's speech for signs about where monetary policy might be headed further down the road.

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Rocket scientist wants to build B.C. space port

► Muslim astrophysicist says Canada overdue for a launch facility and project could be ready by 2015

The head of the Muhammad Institute for Space Science, dedicated to putting the Islamic world back at the forefront of scientific discovery, wants to build a space-launch facility in Canada.

Redouane Al Fakir's goal has been to return Muslims to the place of pride they held, centuries ago, as world leaders in astronomy.

But the Vancouver astrophysicist wants all Canadians to be involved in his project. His proposed commercial space port would be the first of its kind in this country — and Al Fakir says it's about time.

The way he sees it, if

"The Muhammad Institute for Space Science is a framework for collaboration between Canada and the Islamic World at large, which includes ... the many religious and ethnic minorities that are culturally part of the great Islamic civilization."

THE MUHAMMAD INSTITUTE FOR SPACE SCIENCE'S WEBSITE

countries like India, China and Japan can launch satellites into space, why not Canada?

"It's becoming more and more untenable, in my opinion, that Canada has no launching capabilities," Al Fakir said in an interview.

So the 50-year-old father of two, an astronomer at the University of British Columbia, decided to do something about it.

Last month, Al Fakir used a public forum to kick off his plan for Space Launch Canada — a landmark facility he dreams of building off the coast of British Columbia.

THE CANADIAN PRESS



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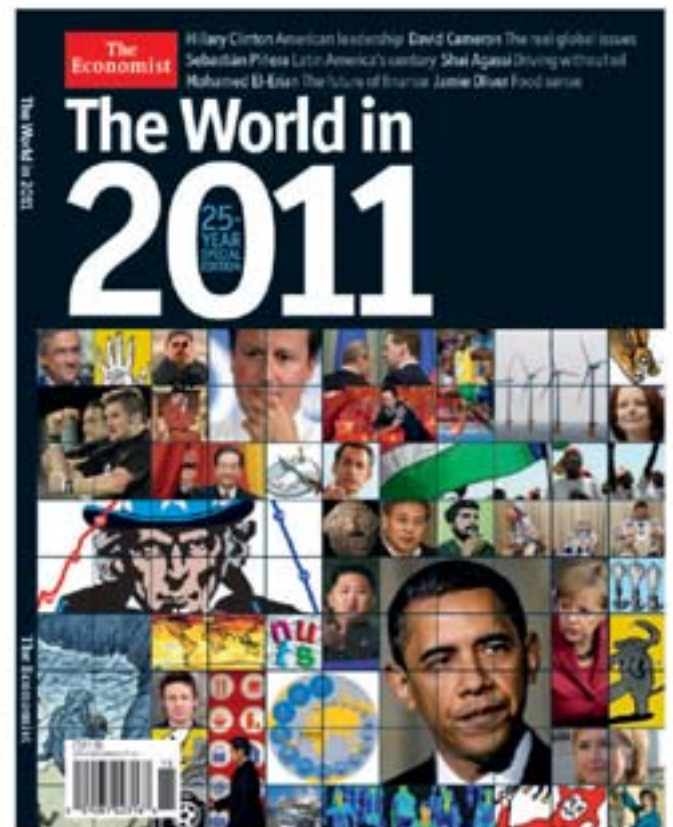
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FEMALE-ONLY SWIMMING LESSONS

Urban Compass

CAROLYN MORRIS



A woman stands by the edge of Matty Eckler pool in the east end of Toronto.

She wears a black burqini — a special bathing suit that covers her arms, head and legs. The only skin showing is her round face, hands and feet. The instructor is in the water, holding a blue pool noodle in front of her, and urging her to jump in.

The woman hesitates, leans forward again — and backs away. In her place, a thin Vietnamese woman with a dark ponytail and a blue, one-piece swimsuit steps forward and springs off the deck.

There are about 10 women in the class today. It's a female-only swimming lesson offered through the City of Toronto. Many of the

participants are immigrants who have never learned to swim — others had a bad experience around the water when they were young, and kept away.

The female-only class is popular for many reasons. Some Muslim women don't feel comfortable wearing swimwear in the presence of men. Other women just like the idea of learning to swim in the company of other supportive women. And after the high number of drownings in Ontario last summer, classes like these are a good way to help ensure a safe summer-in-the-water experience when the temperature soars.

In the shallow end, an instructor pulls one of the women across the width of the pool, as she kicks her feet and occasionally puts her face under the water. Two students, both wearing blue

aquafit belts, take turns tugging each other across. Further out, other students practise their front crawl as an instructor calls encouragement from the deck.

At least three of the women arrived to the pool wearing niqabs, one a Muslim from Sri Lanka. "In my culture," she tells me, "we don't mix with men. Especially not for swimming." She's wearing a black bathing suit with leggings. If it weren't for classes like these, she wouldn't be able to swim her unsteady, but promising front crawl across the shallow end.

Another woman says she used to swim a lot as a kid. But when she was 15, her sister and cousin decided to tip their canoe over and swim underneath, into the air pocket. She tried, but her head hit the seat of the canoe, and she couldn't get up for air. She's been afraid of the water ever since, and

never became a strong swimmer.

Now she's knee-diving into the deep end. "They make you do things you're not comfortable with," she says. "And everyone else does it. The peer pressure works."

The woman in the black burqini inches toward the edge of the deck. Three other students have jumped in before her. She asks the instructor to hold her hand, and she leans over slowly. Finally, she makes the plunge, and the other students clap and cheer as she splashes toward the pools edge.

Call 311 to see if female-only lessons are offered at your local recreation centre — registration for the winter session starts this week.

Contact Carolyn Morris at urbancompass@metronews.ca

Cartoon

MICHAEL DE ADDER



Spending with confidence

Letters & Tweets

We asked: Do you think the economic stimulus plan is working?

TORONTO. I think the stimulus plan is working because people are spending more money than last year for Christmas. The strong currency shows recovery from the recession and it makes people spend with confidence.

KAZUKO MATAKE

TORONTO. I think the economic stimulus plan is working. Though the Canadian unemployment rate rose, it's going down compared to the past, according to data.

YUKI MIZUBAYASHI

Signs of the times



TORONTO. According to research, Canada has been doing well and the unemployment rate is decreasing. As we can see from the TSX or unemployment rate, the economy is doing well.

SEUNGGO CHOI

MEXICO CITY. I think it is working because the unemployment rate is

decreasing every month compared to other years, so I think this is happening as a result of all the stimulus that the government is providing. The only thing that I would like to know is the exact statistics on how much the stimulus spending specifically is increasing economic activity.

ARIADNA SOLIS

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Metro Minute at Linea Intima

Ladies, put this copy of Metro discreetly over your chest and take a quick peek down. There's a good chance you're wearing the wrong sized bra. A 92 per cent chance, actually.

Liliana Mann — the virtuoso of fit behind Linea Intima — conducted the informal survey last month at her five GTA locations and said she was

shocked to discover only eight per cent of women are dressing their girls in the right-sized outfit.

So do yourself a favour and book an appointment at lineaintima.com.

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► Linea Intima's Liliana Mann provides you with the perfect fit through her system. Just don't ask how she does it: Like the Caramilk secret, genius never reveals its methods.

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► Katy Perry performs onstage at the VH1 Divas Salute the Troops in San Diego.

Saluting the troops

► Perry reigns as VH1 Divas pay homage to U.S. service men and women

Katy Perry loves a man in a uniform.

The pop superstar met dozens of service members while working on the special VH1 Divas Salute the Troops this weekend near San Diego.

"There was a kid who I met backstage who was rather chatty, but adorable," Perry recalled. "He was really sweet. He was 19. He had such a good heart. He said, 'Yes, ma'am' to me. 'Yes ma'am!' I was like, 'OK! Yes, sir!'"

A VH1 publicist estimated an audience of 27,000 attended the nearly three-hour taping of the concert Friday night at the Marine Corps Air Station in Mira-

mar. The show, which aired last night, featured a bounty of what the network has dubbed divas — female or female-lead musical acts, including established stars such as Heart, Paramore and Sugarland, as well as hot newcomers Grace Potter and The Nocturnals, Keri Hilson and Nicki Minaj. But if one diva emerged supreme, it was Perry, who both opened and closed the show, and performed solo or with others on a half-dozen songs — twice that of anyone else in the lineup.

"I really had to live up to the definition of a 'diva' in all senses of the word," Perry joked.

"I really had to live up to the definition of a 'diva' in all senses of the word. So I had to be very difficult today, and late."

KATY PERRY

"So I had to be very difficult today, and late," she continued, adding that she was really neither.

Perry went on to reference Beyoncé's song *Divya*, then proceeded to lose the lyric.

"Blaaah! Obviously I'm not Beyoncé," Perry laughed. "She is the true diva."

Onstage, Perry pulled out the stops — and the costumes — with the opening number featuring Perry, Hilson and Sugarland's Jennifer Nettles in WAC uniforms for a cover of The Andrews Sisters' '40s classic *Boogie Woogie Bugle Boy*. Perry closed the show with her current smash *Firework*, which concluded, appropriately, with a fireworks display.

For that finale, Perry wore a cherry-red beaded gown with thigh-high slit that looked as if it was borrowed from Jessica Rabbit's closet. "You know me, I love vintage," Perry explained. "I love pin-up girls."

THE ASSOCIATED PRESS

Happy couple

Perry, 26, and her new husband, actor Russell Brand, will be spending their first holiday season together as husband and wife.

► **Quoted:** "What do I want for Christmas? Well, I think what is appropriate now is, I hope the troops come home very safely," Perry replied.

► **Her message to troops:** "Keep your Skype and your iChat on because I know some of them are away from all their family and wives. I can understand that feeling every once in awhile because I am on the battlefield myself, but I am just singing pop songs."

2

scene

Law & Order



Academy Award-winner Jeremy Irons is dropping into *Law & Order: Special Victims Unit* to guest star as a sex therapist. A spokeswoman for the NBC crime drama said Friday that Irons' character runs a sex addiction clinic in the episode to be filmed later this month. It's set to air in early 2011.

THE ASSOCIATED PRESS



When the curtain falls, show biz life dim for neither rich nor famous songstress in Las Vegas

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Film Eclipses Slade's resumé

DAVE HOGAN/GETTY IMAGES

► Master of the disturbing drama takes a lighter turn with *Twilight*
► *Eclipse* DVD now on shelves



PHIL BROWN
SCENE@METRONWS.CA

British director David Slade has two brooding thrillers under his belt in *Hard Candy* and *30 Days Of Night* that never would have suggested his next feature would be the latest entry in the bubblegum teen romance series *Twilight*.

For Slade, *Eclipse* was such a gear change from his previous work that he couldn't resist.

"It's not very often that

someone is going to offer a romantic fantasy to a director who has done a thriller in which a woman takes revenge on a pedophile and another in which literal monsters take nihilism to a social order," Slade told Metro.

"I had to take it because doing different things is how we learn and grow. But yeah, it's an odd one. I wouldn't have hired me."

Though Slade embraced the lovingly cheesy romance that has turned teenage girls and, mysteriously, middle-aged women into giggling *Twilight* devotees, the director was also the first to follow through on the horror aspects of the series that involves vampires and werewolves in addition to shirtless romantic pining.

"The horror aspects were all there in the script and I just followed through on them with my instincts," explained Slade. "If anything the producers actually started saying, 'maybe you should take this a bit further,' but I wasn't making *Hard Candy*. I was definitely making *Eclipse*. It was all about tone and tension. We thought we were better served by that rather than having people ripped in half."

The filmmaker may have added a dark edge to



► From left to right, Alex Meraz, Booboo Stewart, Nikki Reed, David Slade, Kellan Lutz, Ashley Greene and Xavier Samuel attend the gala premiere of *The Twilight Saga: Eclipse* last July.

Director's dish

David Slade on gently mocking *Twilight* with *Eclipse*

► "I think having written the first two movies Melissa Rosenberg felt at this point that she had the liberty to poke fun at certain things in the franchise and I applauded it. The actors did too. Nobody was offended. The series has matured enough for everyone to have a good laugh at the fact that Taylor doesn't have a shirt on or whatever it may be. There were certain other things that I felt we could make fun of, but we never really had the chance."

Eclipse that fans appreciated, but Slade is quick to acknowledge that the overall strength of the film still

lies in the source material. "The thing is that the story is great so there wasn't really any need to devi-

ate that much from it anyway," admitted Slade. "In terms of dialing up the tension and improving the

aesthetic of the special effects, any director coming in would have done the same."

GLAAD making inroads

► Report shows gay, bisexual characters on TV being better represented

GLAAD is happy to be turning 25 years old.

The Gay and Lesbian Alliance Against Defamation celebrated its anniversary Friday night with a swanky cocktail party at the Harmony Gold Theatre in Los Angeles. Chaz Bono, Jean Smart, Amber Heard and Ed Begley Jr. were among the celebrity attendees who toasted the group, which focuses on how lesbian, gay, bisexual and transgender folks are presented in the media.

"We've made great progress in these media capitol," said Jarrett Barrios, president of GLAAD. "Beyond Hollywood, beyond New York, between these blue states, right at this nation's red centre,

"Beyond Hollywood, beyond New York, between these blue states, right at this nation's red centre, we have miles to go. How far do we still have to go to ensure that an environment of respect exists for all lesbian, gay, bisexual and transgender people?"

JARRETT BARRIOS, PRESIDENT OF GLAAD

we have miles to go. How far do we still have to go to ensure that an environment of respect exists for all lesbian, gay, bisexual and transgender people?"

GLAAD was first formed in 1985 in New York to protest the New York Post's coverage of AIDS.

The organization went on to push for several changes throughout the media, such as the inclu-

sion of a same-sex couple on the viewer-voted wedding contest on NBC's *Today* show and modifications to how gays are referred to in *The Associated Press Stylebook*.

The group now annually holds the GLAAD Media Awards, which actor Steven Weber called the "gayer Oscars," and releases the *Where We Are* on TV report, which tracks

LGBT characters on network shows.

This year's report found that there were 23 gay and bisexual characters on scripted network TV out of a total of 600, up 3 per cent from last season's shows.

"The steady stream of negative portrayals and censorship of gay and lesbian lives on film and in television has given way to much more realistic and life-affirming depictions, such as this year's *The Kids Are All Right* and TV's *Glee*," said Richard Jennings, a former president of GLAAD who received the first-ever Founders' Award at the event this year.

THE ASSOCIATED PRESS

CHRIS PIZZELLO/THE ASSOCIATED PRESS



► Chaz Bono poses at the premiere of the film *Burlesque* in Los Angeles.

Accident cancels Bieber

► Stunt goes wrong; contestant injured on German TV show

Canadian teen idol Justin Bieber missed an appearance on one of Germany's top rated television shows as it was cut short by a stunt that went terribly wrong.

Broadcaster ZDF said the live broadcast of Wetten Dass (Bet it...?) game show had to be cancelled Satur-

day after contestant Samuel Koch was severely injured while trying to jump over a moving car driven by his father with the help of special shoes featuring a suspension system.

The 16-year-old Bieber later said on his Twitter account: "Please pray for

Samuel Koch & his family as we wait and hope for his health and safety." The singer added on Twitter he felt sorry for not performing in Germany, but "some things are more important than putting on a show. We will be back I promise."

Wetten Dass, which has been on TV for almost 30

years, is one of the country's most successful shows.

The 23-year-old Koch suffered multiple back injuries and fractures, underwent surgery Sunday, and his condition was no longer life threatening, according to Duesseldorf hospital. **THE ASSOCIATED PRESS**



► Justin Bieber in Paris last week.

Celebrity Rehab begins another intense season

Former supermodel Janice Dickinson has a brush with death as she suffers from withdrawal syndrome in a "very intense" new season of Celebrity Rehab, says addiction specialist Dr. Drew Pinsky.

"She's the one who almost dies in this treatment and scared the hell out of my staff," Pinsky said in a phone interview ahead of last night's Season 4 debut on MuchMore.

"We got her through it and she's doing fantastic now. She is deeply involved in her treatment."

Celebrity Rehab, which airs on VH1 in the U.S., follows various entertainment personalities as they check in to California's Pasadena Recovery Centre for three weeks to receive treatment and counselling for various addictions.

Among them is Rachel Uchitel, the former nightclub hostess who has been linked to golfer Tiger Woods.

"I had hit rock bottom," Uchitel, 35, said in a phone interview from Las Vegas this week. "I needed help and I didn't know what was wrong with me."

"But being in rehab, I came to understand that there was a name for the

Patients

Other patients this season include actor Eric Roberts, musician Leif Garrett, actor Jeremy London, Jason Wahler of The Hills fame, Frankie Lons (singer Keyshia Cole's mother) and socialite Jason Davis.

addiction that I was suffering.... I learned that I was a love addict."

Pinsky says this season was "a very intense course of treatment" because the patients walked in with very low motivation to get better.

"This group was one I had to really drag into treatment," said the medical doctor, who's hosted the radio program Love-line since 1984.

"But they did come along. A lot of them are doing extremely well. I never would have predicted it from where they started."

Pinsky says the "vast majority" of his patients have felt that "Celebrity Rehab" was a life-changing experience.

"They're always surprised by how seriously we take it."

THE CANADIAN PRESS



► Celebrity Rehab's addiction specialist, Dr. Drew Pinsky.

"we have a **serial killer**"

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No plans to tie the knot: Depp

► Actor doesn't foresee marriage for him and Vanessa Paradis, partner of 12 years ► But he says he would do the ceremony if she wanted

After 12 years together and having two children, Johnny Depp says he and Vanessa Paradis are still perfectly happy and have no plans to tie the knot.

"I never found myself needing that piece of paper," he tells Extra.

"Marriage is really from soul to soul, heart to heart. You don't need somebody to say, 'OK, you're married.'"

And while he says he'd do the ceremony at the drop of a hat if Paradis wanted, he'd be too "scared of ruining her last name. She's got such a good last name."

● METRO



► Johnny Depp and Vanessa Paradis on the red carpet.

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Celeb Twitter 'deaths' get cool reception

Alicia Keys' bid to have notable Twitter users like Lady Gaga, Ryan Seacrest and Kim Kardashian "die" to raise money and awareness for World AIDS Day hasn't worked out as hoped, according to Hollywood.

The celebrities vowed to go silent on the social-networking site until \$1 million had been raised for Keys' charity, Keep a Child Alive, but by the end of the week they'd reportedly only raised a little more than \$200,000. ● METRO

Transformers star reportedly booted off plane

Josh Duhamel was reportedly escorted off a plane in New York over the weekend when he refused to turn off his BlackBerry before takeoff, according to TMZ.

A passenger from the flight says the Transformers star was "very rude" and "taunting the attendant" who asked him to co-operate.

The plane had to return to the gate so airline representatives could remove him. Duhamel's reps say, "He's sorry." ● METRO

Celebrity tweets



Steve Martin
[@Steve MartinToGo] I am splitting up with Eva Longoria.



Joel McHale
[@joel mchale] Although he has yet to join Twitter, you can still contact Chevy Chase via the Ellsworth County



Neil Patrick Harris
[@Actually NPH] I just got a call from the People's Choice people. I'm in dead last place. Fewer vote than the movie Salt...



Paris Hilton
[@paris hilton] Love the Life You Live.

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News worth sharing.

Product Hailed by Doctors as the Solution for Back Pain

Doctor developed decompression belt that significantly reduces back pain. Dr. Michael Ho announced, he is giving 50% off to all readers of the Metro Newspaper. Due to the Holiday rush, each household is limited to only 2 belts.

Save money and help relieve back pain: This week only. Get clinically proven back decompression belt for 50% off

By Marc Charron - Health and Lifestyle

Back pain affects 80% of North Americans. It can also rob you of your happiness, where getting out of bed becomes a painful reminder of your bad back. While pills provide temporary relief, the condition can reoccur. The reason is because pills mask the symptoms and do not target the cause of the pain. Other treatments cost thousands of dollars or have substantial health risks. "That's why most people end up "living" with their bad back" - says Dr. Michael Ho.

Dr. Michael Ho is a doctor with over 20 years of clinical experience specializing in treating the cause of chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. His belief is to treat the cause of the problem so that patients get long term relief, earning him international recognition for his patient care and expertise.

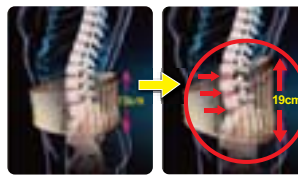
"Many people have back pain due to spinal disc compression. This can result in back pain, which if left untreated, can lead to more serious conditions."

Dr. Ho has developed a back supporting decompression belt that can be used at home, allowing you to help relieve your back pain, while saving time and money. Dr. Ho's brand new Decompression Belt is endorsed by medical professionals and customers that have suffered with long-term, chronic back pain. "I have used many modalities to treat my patients, but nothing is as effective as the decompression belt. To effectively treat someone with back pain, the



■ DRUG-FREE:
DR-HO'S Decompression Belt will help relieve your back pain, naturally without the side-effects.

patient must receive treatment everyday for 6 - 8 weeks. People cannot afford the time or money to visit the doctor every day. Therefore, your health suffers. I developed this belt because patients need a device they can use at home. By treating themselves daily, it will speed up recovery time and increase the overall effectiveness of the treatment. This belt can help protect and treat your back," says Dr. Ho.



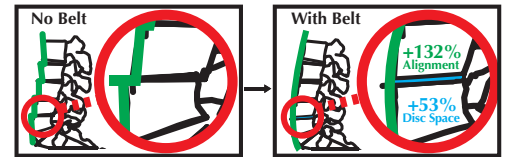
Belt inflates with air, expands vertically, gently stretching, tractioning and relieving lower back pain

DR-HO'S Decompression Belt expands to help decompress the spine to provide support and help relieve the pain. The belt will help relieve your pain in as little as 20 minutes, even if you've suffered with back pain for many years - you can even wear the belt while doing activities. As an exclusive Metro Special, Dr. Ho has agreed to give the first 100 customers 50% off as well as include a free pair of Dr. Ho's Back Pain Relief Air Orthotics worth a value of \$80! "The Decompression Belt will help

relieve your back pain safely without the use of drugs. You don't have to live with your back pain any longer."



■ Dr. Michael Ho treats patient suffering with herniated disc, degenerated disc and over 10 years of back pain.



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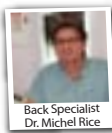
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The belt is very comfortable and it helps to take the stress off my lower back. I feel that I now have better posture. I can see this being used by people with chronic back pain and its so easy to do. You just strap on the belt, inflate and you can feel it work right away because it takes the stress off the lower back. You've got nothing to lose if you suffer from back pain. Definitely this is worth trying!



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- Marianne



3
life

Scent of generosity



Looking for a gift that will leave you smelling, and feeling, good?

The 7 Virtues' Noble Rose of Afghanistan Orange Blossom are made using orange blossom and rose crops from Afghanistan — offering local farmers an alternative crop to poppies.

The Afghanistan Orange Blossom is made with the organic orange blossom oil layered with a hint of freesia and jasmine, while the Noble Rose of Afghanistan is organic rose oil with layers of carnation, peppercorn and clove; the7virtues.com.

● METRO



Toms Shoes gives away a million shoes; takes aim at combating diseases

► A youngster's eager pleas for the trendiest toys this time of year might be best followed by the question, 'What about others?'



► No matter how a family chooses to honour the season, it is an optimal time to teach young people the value of giving back.

Help them give a gift that keeps giving this holiday season



JESSICA LEWIS
LIFE@METRONews.ca

This holiday season many families are taking part in charitable gift giving to countries in need. Whether it's donating an animal to another family on the other side of the world to provide food or for breeding, or materials that might help to fund an education for a child, the act is not only helpful to the one who receives it, but to who gives it as well. The holidays serve as the perfect time to teach children the importance of giving.

"Our kids learn from what we do, so a lot of it is just modeling it and making it part of our family culture," says Alyson Shafer, a parenting expert, author and host of The Parenting Show.

Shafer suggests that par-

"Our kids learn from what we do, so a lot of it is making it part of our family culture." PARENTING EXPERT ALYSON SHAFER ON GIVING BACK

ents might also introduce the gift of giving if they're worrying about their children's selfishness. "When

kids are saying 'I want a Wii! I want a Nintendo! I want a bike!' Parents might like to say, 'What

A helping hand

Plan's Gifts of Hope

- Plan, a global organization that funds schools and sponsors children among other things, is in its fifth year of the Gifts of Hope program, which is available through mail order catalogue or on plan-canada.ca.
- Their most popular gift so far this year is goats. You can donate a goat for \$75, which will grow up to give a family milk, which in turn can eventually become a business, espe-

cially if the goat breeds.

- You can also donate mango trees, clean water, boxes of books, other animals, blankets for newborn babies and more.

Free the Children

- Free The Children offers charitable options through its Adopt a Village development model that leave the world a slightly better place. For example, the average cost of a sweater (\$50) can buy a goat for a family in need or cover antibiotics for a sick child in a developing nation.

about others?"

Shafer donates to charities in her children's names every year, looking for something fun and easy for them to understand. Last year, she donated chickens, and a card under her Christmas tree was enough to make her children happy for the cause. Shafer also asks that she has a gift donated in her name from them.

If you're looking to engage your family in charitable gift giving this month, there are plenty of outlets.

Free the Children, Canada's Most Meaningful Gifts, Gifts That Matter, Unicef, Heifer, Oxfam and Plan Canada are some that offer animals, healthcare, education and shelter. More targeted organizations include WaterCan's Gifts of Water, the David Suzuki Foundation and World Wildlife Fund.

Plan Canada did a sur-

vey of 1,000 Canadians in October and November, finding that 89 per cent of those participants believe that it's important for children to learn to help others and 59 per cent use the holidays as a time to acknowledge such.

"When you think about the ethical giving side, giving a gift that has a story behind it has a narrative that connects us with somebody on the other side of the planet in a meaningful way," says Rosemary McCartney, CEO and president of Plan Canada.

"I think that those are great opportunities for parents and children to have a very different conversation... It allows for much richer conversation about poverty and inequalities and social justice than you can have if you're talking about another pair of slippers or a hockey stick."



► Savoury Scones can be made ahead, ready to pop in the oven for your guests.

CONTRIBUTED

Savoury scones work with varied fillings

Walnuts and thyme add a distinctive holiday flavour to these fluffy, buttery scones. The dough can be prepared a day ahead and kept in the refrigerator.

Savoury Scones

Preparation:

- 1 Preheat oven to 190 C (375 F). In a large bowl, whisk together flour, walnuts, sugar, baking powder, salt, thyme and pepper.
- 2 Using a coarse cheese grater, grate frozen butter directly into dry ingredients, stirring occasionally to prevent butter from sticking together.
- 3 Pour milk into mixture and stir gently with a wooden spoon until mixture just comes together to form dough. Turn dough over a few times to gather up any remaining bits of flour. Dough should not be sticky. If it is, add a bit more flour.
- 4 Transfer dough to a floured cutting board and divide into 4 equal pieces. Working quickly, using your hands, shape each piece into a round

Ingredients:

- 500 ml (2 cups) all-purpose flour (approx)
- 175 ml (3/4 cup) walnuts, finely chopped
- 30 ml (2 tbsp) granulated sugar
- 15 ml (1 tbsp) baking powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) dried thyme
- 2 ml (1/2 tsp) ground black pepper
- 125 g (1/4 lb) frozen butter (1 stick)
- 250 ml (1 cup) whole milk
- Finely chopped walnuts, for garnish

flat disk, about 2 cm (3/4 inch) thick. Cut each disk into 8 even-sized wedges. Arrange on a parchment-lined baking sheet. Brush tops with milk. Sprinkle with finely chopped walnuts.

- 5 Bake for 12 minutes or until golden brown. Transfer to a wire rack and let cool slightly. Gently pull tops off the scones or cut horizontally. Fill with desired fillings or top each half with desired toppings. Makes 32 scones.

THE CANADIAN PRESS

Filling/Topping Ideas:

Cranberry and Brie
Fill or top scones with a dollop of cranberry sauce, thinly sliced brie and fresh watercress or baby arugula.

Smoked Salmon and Cream Cheese
Fill scones with room-temperature cream cheese,

finely chopped red onion or finely chopped cherry tomato, thinly sliced smoked salmon and a sprig of fresh dill.
Apple, Sage and Goat Cheese Filling
Fill or top scones with thinly sliced green apple (skin on, dipped in lemon juice to prevent browning), softened goat cheese and a fresh sage leaf.

Not fast, but very easy

► This simple pulled pork recipe has just three ingredients

This dish started as a three-ingredient slow cooker recipe. And I completely messed it up.

I'd read another recipe that called for combining pork butt, a bottle of cola and a bottle of barbecue sauce in the slow cooker, then walking away.

Seemed interesting, though the cola idea made me want to gag (and yes, I know lots of people cook with cola).

I tried it, substituting a bottle of hard cider for the cola. It was great, except that after six hours in the slow cooker the sauce was still way too liquidy. I ended up dumping the whole thing into a saucepan and boiling it until the sauce was reduced and thick.

That made me wonder why I bothered with the slow cooker at all. Why not just do the whole thing on the stovetop? It would be much faster, there would be less cleanup and it would solve my liquid issues.

To make this new approach work, I needed to change the cut of pork, but boneless (country-style) ribs worked just fine. And to make a meal of it, I tried the resulting quick-cook cider-barbecue pulled pork over mashed potatoes. It was amazing. Best yet, it was incredibly simple.

Though this recipe calls for hard cider (sold along-

side beer), sweet cider could be substituted. And while it isn't as quick as most weeknight recipes, it is almost entirely hands off.

Cider-Barbecue Pulled Pork Over Mashed Potatoes

Preparation:

- 1 In a large saucepan over medium-high, combine ribs, cider and barbecue sauce. Stir well, then bring to a boil. Reduce heat to maintain a steady simmer. Cook for 1 hour to 1 1/4 hours or until the pork is very tender and the liquid is reduced and thick.
- 2 After 45 minutes, place potatoes in a medium saucepan. Add enough cold water to cover, then bring to a boil over medium-high heat. Cook until potatoes are tender. Drain potatoes and return to pot. Add butter and milk, then mash. Mix in parsley, then season with salt and pepper. Cover and set aside.
- 3 Use 2 forks to shred and pull apart pork, mixing it with sauce. Serve pork over mashed potatoes.

THE ASSOCIATED PRESS



► Pulled pork: Cider adds the flavour.

Makes 6 servings

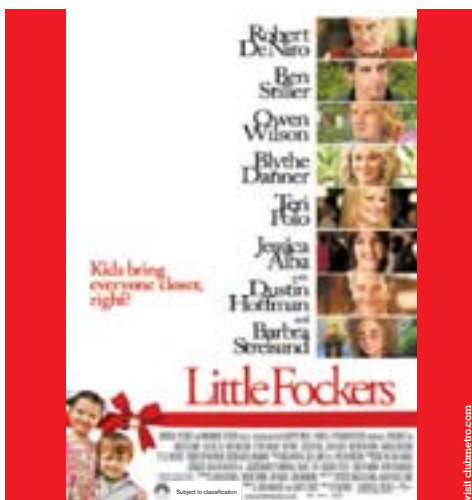
Ingredients:

Pulled Pork

- 1 kg (2 lb) boneless (country-style) pork ribs
- 500 ml (2 cups) hard cider (1 pint)
- 1 bottle (510 g/18 oz) barbecue sauce

Mashed Potatoes

- 1.15 kg (2 1/2 lb) russet potatoes, peeled and quartered
- 90 ml (6 tbsp) butter
- 125 ml (1/2 cup) whole milk
- 30 ml (2 tbsp) chopped fresh parsley
- Salt and ground black pepper, to taste



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Halt climate change with your keyboard

► Computer gamers take on a new battle: saving Earth from climate change ► Fate of the World leaves 200 years to save or wreck the planet



JAMES WILKINSON

In most video games, "saving the Earth" means fighting off an alien invasion. But Fate of the World, the upcoming eco-conscious game from UK developers Red Redemption, has other ideas.

In this new strategy game, players are given 200 years to stop severe global warming by any means, from alternative energy sources, making policy decisions to destroying countries.

Game director Matt Miles Griffiths warns of drastic consequences: "Computer gamers might think that wiping out the U.S. would solve some problems, but the loss of food production alone will send the world's economy into a tailspin. And you run the risk of being tried as a war criminal..."

Based on scientific data, the PC game – to be released February 2011 – shows how the world's economic, environmental and political problems are interlinked. But it's not a dry textbook. Here are



► The eco-conscious game is based on scientific data from NASA and the United Nations.

four crazy yet possible scenarios:

Melt the world

Microscopic nano-robots might be cute, but take care they don't replicate to make "red goo," which

breaks down everything it touches at a molecular level, then spreads and spreads...

Relive The Terminator

"AI can lead to machines that despise humanity," Griffiths says. But there's a bright side: "Fusion-powered Terminators are actually quite environmentally friendly."

Freeze the Earth

"You can fire particles into the atmosphere to reduce the effect of the sun," explains creative director Ian Roberts. "But if you go too far you can create a new ice age."

Create a genetic disaster

"Genetic manipulation allows you to adapt plants or animals for survival," says Roberts. "But you run the risk of creating terrible, incurable diseases."

SOAP, NUTS?

Queen of Green

LINDSAY COULTER

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DAVIDSUZUKI.ORG/BLOGS/
QUEEN-OF-GREEN



Question: What's the deal with soap nuts? I love that I can avoid plastic packaging by using them, but what are they actually made of? Are they natural and biodegradable? Or are they just condensed detergent?
Julie from Calgary, Alberta

Soap nuts are a natural, biodegradable and petroleum-free laundry soap

alternative. They grow on trees in Nepal and India, but they're not nuts; they're actually a fruit. You might also see them sold as soapberries. The tree itself is from the genus Sapindus. (Think back to biology class.)

Soap nuts contain large amounts of saponins in their shells, which are a natural surfactant. Surfactants are compounds that lower the surface tension of a liquid, and so can be used as detergents or foaming agents. You can find soap nuts in many

health food stores, organic grocers or online. All you do is add four or five of them, in a small cloth bag, to a load of dirty laundry. You can reuse that pouch of soap nuts for a few loads.

My favourite solution for eco-friendly laundry soap is making my own liquid version from borax, washing soda and soap granules.

See my recipe and complete do-it-yourself video at davidSUZUKI.ORG. It only takes about 20 minutes to make a batch that will last you about a month and cost only a dollar a litre.

I prefer the liquid recipe to powdered versions because it works well in cold water, saving even more money on utility bills.

Another tip is to add about half a cup of baking soda to boost your whites instead of chlorine bleach.

Don't think you have the DIY gene in you?

Shop for plant-based, biodegradable laundry soap without synthetic chemical fragrances and wash your laundry in cold water!



Photo of soap nuts in their natural state

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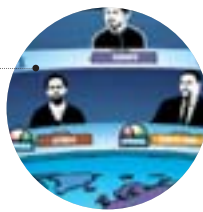
MORE ECO-FRIENDLY GAMES

CLIMATE CHALLENGE

► Red Redemption's predecessor to Fate of the World, this BBC-hosted game asks players to balance ecological pressures, financial realities and public popularity. Play it at www.goo.gl/mYILK

GREENCITY

► U.S. schools can use this adapted version of the SimCity Societies video game to teach six- to 12-year-olds about alternative energy sources. No word on if kids can unleash SimCity's classic monsters on their towns.



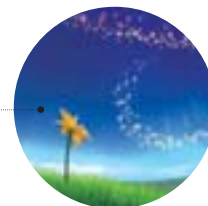
SMARTGAUGE

► Ford's EcoGuide screens add a gaming element to real-life driving: the more efficient you are with energy, the more healthy the digitized vines on your display become.



FLOWER

► Is climate change stressing you out? Flower might be the answer. This supremely relaxing PS3 game lets you take control of the wind itself as it blows petals through a verdant landscape.



Don't axe the office party

► Experts say companies should honour staff at holidays, not cancel festivities — despite tough times

The Royal Family may be toasting the impending nuptials of Prince William and Kate Middleton, but it's decidedly less festive for Buckingham Palace staffers heading into the holidays.

The Queen decided to cancel the annual Christmas fete because of "difficult financial circumstances" facing the nation.

It's been a similar story for some companies on this side of the Atlantic that either scaled back or axed holiday parties in recent years.

Pam McCarthy, owner of Calgary-based Five Star Events, said those who cancelled their parties in 2009 either aren't having one this year or are forging ahead on a smaller scale.

"Instead of having a full-blown party, they'll have a cocktail hour after work just for the staff only, that kind of thing," she said. "They'll bring in hors d'oeuvres and not have a big dinner for the staff plus the guests."

Tiff Daniels is director

"If you're already worried about your company's financial status, cancelling the party kind of sends a doom and gloom message."

PETER HARRIS, WORKOPOLIS

of sales with Canadian Outback Adventures & Events in Vancouver. The company designs and produces team-building initiatives and experiential learning events.

Daniels recalled that in 2008, some companies cancelled events even though they'd paid in full because they were part of a larger organization that didn't want one division having a party while others hadn't booked anything — and now couldn't have one.

Things have turned around since then, but celebrations aren't quite as lavish.

In the past, a national company may have flown in people from satellite of-



► Companies can scale back on parties while still retaining the spirit of the event.

fices. Daniels said that now, to save money on flights and hotels, businesses will host smaller celebrations or meetings in each major city centre.

Overall, Daniels said most companies they're aware of will have some form of celebration for their workers.

"I think people realize after not doing any team-building events, or meet-

ings or incentives for a good year or so, that that was affecting morale at various companies, and they realized that this was important to the productivity of their staff."

Although the country is no longer in the grip of a recession, it hasn't been an easy year for some companies, and hiring isn't back to what it was, said Workopolis content man-

ager Peter Harris.

"A lot of companies are still feeling like now is not the time to throw a big, lavish party, but it is important for employee morale that something does happen. That's my theory."

A recent online poll conducted by Workopolis between Nov. 26 and Dec. 1 asked respondents whether it was important to them that their compa-

ny hold a holiday party. Among more than 2,400 people, 71 per cent thought it was important or somewhat important that businesses hold a festive event.

Harris said they would recommend employers not cut out the holiday party completely if they can afford to offer some form of recognition to their workers.

THE CANADIAN PRESS

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Science in the kitchen

► World-famous chefs help distill complex scientific concepts into everyday language for Harvard students

Dan Barber's culinary skills have earned him a James Beard Outstanding Chef award. The food at his New York restaurant, Blue Hill, was also the centrepiece for a Manhattan date night between President Barack Obama and his wife Michelle.

Yet it's his focus on cultivating flavour before foodstuffs even reach his kitchen that recently put him in an unusual setting.

Trading his chef's whites for a loosened tie and sport coat, Barber stood in the well of a Harvard University science hall, delivering a

guest lecture as part of the hottest course on campus this fall: Physical Universe 27, or Science and Cooking: From Haute Cuisine to Soft Matter Science.

As part of the course, top chefs from around the world, including the current master of the gastronomic universe, Ferran Adria, chef/owner of Spain's famed elBulli restaurant, have attempted to explain how physics and other sciences influence their cooking.

They've also shown that their cooking, in Adria's case often labelled "molec-

ular gastronomy," can illustrate scientific feats such as spherification, gelation and oxidation. One of Adria's signature dishes is warm — but, seemingly miraculously, not melted — ice cream. His trick is the additive methylcellulose, a gum that solidifies when it warms rather than cools.

Not exactly a pantry staple, but that's sort of the point.

The goal is to teach science in new and interesting ways, part of the university's effort to revamp its general education offerings. The target audi-



► At Stone Barns, chefs experiment with minimizing their environmental footprint by turning lobster bodies into charcoal they in turn use to grill fresh lobsters.

ence is not just history majors seeking to satisfy curriculum requirements, but budding scientists with an

equal passion for food.

Hundreds of students competed for the 300 spots in the course, and hun-

dreds more have lined up early on recent Mondays to attend guest lectures.

THE ASSOCIATED PRESS

IT'S NEVER TOO LATE TO START OVER

TurningPoint

TERESA KRUZE

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R

enee Bar-da gave up a promising singing career to

get married. Now in the second act of her life Renee is proving it's never too late to start over again.

Her talent was noticed at a young age, but on the

eve of an important audition at Covent Garden in London, England, Renee decided to give up her career, get married and start a family.

Once she made her decision, Renee silenced her beautiful voice and didn't sing a note for 30 years.

In 2003, Renee found herself at another crossroads in life. After a long illness her husband had passed away and her sons were now starting families of their own. "Whatever happened to your voice?" someone asked her. "You never did anything with it."

The next day Renee stepped into the shower and as the water coursed down her face, she began to sing.

Renee sang of lost love and of life and family. She started to cry. Her voice had not let her down; it had been there all along, just waiting for her to bring it back to life.

Renee made a triumphant return to the stage. "When I finished, the whole audience stood up and many were yelling, 'Bravo.'" Renee now has a new purpose in life.

"I have a big vision to

In concert

► From Gershwin to Broadway: Saturday, Dec. 11, 7:30 p.m., Al Green Theatre, 750 Spadina Ave.

inspire the world with my voice and my story. If I can reach people who have given up, I want to tell them to step back into it with everything they've got. Just go out there and do it. It doesn't matter what age you are."

Follow Renee's lead and dust off that old passion. Make it a turning point.



RICHARD FREEDMAN



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Gay teens bullied at school: Study

David Jason was in Grade 4 when the bullying began. His self-described feminine mannerisms and "high, squeaky" voice attracted the attention of his classmates who began to ask him why he was gay.

By Grade 6, those classmates had graduated to hurling homophobic slurs, with "faggot" being the most common.

The next two years saw Jason's enthusiasm for academics wane under the stress of the escalating verbal taunts and occasional physical harassment from his peers.

He transferred to a school well outside his Toronto neighbourhood in the hope of getting a fresh start, but encountered only new tormentors and staff who turned a blind eye when he was heckled or shoved into lockers.

When a vice-principal urged him to transfer to the Triangle Program, a Toron-



► Independent groups are trying to combat homophobia.

to high school catering solely to lesbian, gay, bisexual, queer and transgendered youth, he was apathetic.

But the move proved a turning point for Jason, who credits the school for restoring his confidence and helping him accept his bisexuality.

New research suggests Jason's experience is far from unique. A study from gay rights activist organization Egale Canada and the University of Winnipeg found gay and straight students alike witnessed similar bullying in their high

schools on a daily basis.

The study, which surveyed 3,600 secondary school students across Canada, found nearly half of respondents reported hearing homophobic slurs on a daily basis.

Of the 14 per cent of students who identified as LGBTQ (lesbian, gay, bisexual, trans or queer), two-thirds said they did not feel safe in their school environment and 51 per cent said they had been verbally harassed over their sexual orientation.

THE CANADIAN PRESS

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sports

Golf news



U.S. Open champion Graeme McDowell capped off his greatest year by putting together the greatest comeback ever against Tiger Woods in the Chevron World Challenge. Woods, pictured, looked as though he would recover from losing a four-shot lead yesterday when he stuffed his approach to inside three feet on the 18th hole, but McDowell knocked in a 20-foot birdie putt that forced a playoff. On the first extra hole, McDowell again made a birdie putt from 20 feet. This time, Woods couldn't match him. His 15-foot birdie putt slid by on the right, and Woods ended a calendar year without winning.

THE ASSOCIATED PRESS

Off day

Not much goes right for Raps



▶ Amare Stoudemire of the Knicks claims a rebound as he jumps with Landry Fields yesterday while Andrea Bargnani of the Raptors looks on.

A slow start and a miserable shooting performance yesterday cost the Toronto Raptors dearly.

Amare Stoudemire scored 31 points and grabbed 16 rebounds as the New York Knicks cruised to a 116-99 victory over Toronto.

The Raptors missed layups, dunks and failed to hit open jumpers all afternoon.

"I don't know what it was," said Raptors forward Amir Johnson who had a career-best 16 rebounds and a season-best 22 points. "We were taking good shots but we just couldn't knock them down."

What hurt most of all, though, was the bricks they tossed up from the free-throw line.

116



KNICKS

99



RAPTORS

Toronto hit only 50 per cent from the charity stripe (11-for-22) while the Knicks were 18-for-21 (85.7 per cent). They also hit 12-of-27 three-point attempts.

The Raptors outscored the Knicks 32-27 in the second quarter to cut a 16-point lead down to 10 at the break, despite shooting just 4-of-12 from the

line.

"Our guys tried, we just didn't play very well," Raptors head coach Jay Triano said. "We missed dunks, layups, free throws. I mean we shoot 50 per cent from the line and we're in the top half of the league in free throw shooting going into the game."

"I don't know what that is. It's going to happen sometimes. There's 82 games."

"We didn't do a very good job of covering them on the perimeter," Triano added. "We weren't into help. It wasn't like we were occupied with something else. Tough for our wings today, they had a tough day."

Wilson Chandler added 21 points for New York and Raymond Felton

chipped in with 18 of his own to go along with eight assists.

New York (12-9) has won seven in a row on the road for the first time since the 1994-95 season and has won nine of its past 10.

Jerryd Bayless had 23 points, six assists and seven rebounds coming off the bench for the Raptors (8-12), who also lost to the Knicks on opening night.

Johnson was 10-for-14 from the field and 2-for-4 from the line. Andrea Bargnani scored 16 with seven boards.

"I thought Amir was very good today," Triano said.

"But to beat a team like this we need to have a lot more guys play a lot better than we did today."

THE CANADIAN PRESS

Maple Leafs get a boost of confidence

The speech wasn't particularly long, but the message was abundantly clear to the Toronto Maple Leafs: with no help on the horizon, it's up to the current players to turn things around.

Assistant general manager Dave Nonis delivered an address to the team at practice Friday and they responded with a shootout win over Boston on Saturday. The players hope it's something they can build on.

"Dave pretty much said that he just believes in our group," said forward Colby Armstrong. "I think we were going through a time where it was tough for us. I don't know if it was confidence or what. It wasn't a long talk — pretty much just a little kick in the butt to the boys and also a little confidence boost."

"I guess message received."

The win was just the fifth for Toronto in 21 games.

After starting the year with four straight wins, it's been a pretty bumpy road. The early success provided a basis for Nonis's address.

"It was pretty simple really," said rookie forward Nazem Kadri. "He just kind of told us to keep our heads up (because) we've got a group in here that can win. I think that showed for the first couple weeks of the season — that's kind of what he hinted at — he said, 'If you look back at those two weeks you kind of were doing everything right.'"

"We were beating good hockey teams and we were a good hockey team ourselves. He kind of just wanted us to reminisce about the first couple weeks and just remember what we did properly."

THE CANADIAN PRESS



Raptors vs Pacers. Bounce over to Sportsnet ONE.

First round pick Eddie Davis and re-energized Raptors face the Indiana Pacers.

RAPTORS VS PACERS 7 PM



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NFL Vikings



▶ Brett Favre reacts after being injured in the first quarter yesterday against the Buffalo Bills.

ANDY KING/THE ASSOCIATED PRESS

Injury may bring Favre's streak to end

Brett Favre's consecutive games played streak could be in trouble again, with his unparalleled 20-year career probably down to the final four weeks.

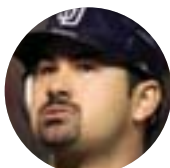
The NFL's all-time iron man sprained his throwing shoulder severely enough yesterday that he didn't even try to talk his way back into the game, a 38-14 win over the Buffalo Bills. Still, at age 41 with Minnesota essentially out of playoff contention, Favre wasn't ready to declare himself done for good. **THE ASSOCIATED PRESS**

Impact players

Here's a look at some of the big names who were in play at baseball's winter meetings this weekend:


Jayson Werth

The right-fielder has agreed to a \$126-million, seven-year contract with the Washington Nationals.


Adrian Gonzalez

The all-star slugger's trade from San Diego to Boston may be off after a deadline to reach a deal passed.


Cliff Lee

The pitching ace's decision on where to sign — likely with either the Rangers or Yankees — is expected this week.


Derek Jeter

The Yankees finally reached an agreement with their shortstop on a three-year deal worth \$51 million US.


Carl Crawford

Boston has the speedy outfielder on their radar as they look to revamp their lineup. **THE ASSOCIATED PRESS**

NFL
in pictures

PHOTOS
1. DARRON CUMMINGS/THE ASSOCIATED PRESS
2. ANDY LYONS/GETTY IMAGES
3. JAMIE SQUIRE/GETTY IMAGES



1 Peyton Manning had two interceptions returned for touchdowns yesterday and his fourth of the day set up David Buehler for a 38-yard field goal that gave Dallas a 38-35 victory in overtime.

2 Drew Brees threw a three-yard touchdown pass to Marques Colston with 31 seconds left, rallying the New Orleans Saints to their fifth straight victory, 34-30 over the self-destructive Cincinnati Bengals.

3 Jamaal Charles rushed for 116 yards and Matt Cassel threw a three-yard pass to Leonard Pope for the only touchdown, leading Kansas City to a ragged 10-6 victory over Denver.

THE ASSOCIATED PRESS



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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	28	18	8	2	0	89	66	38	8-5-1-0	10-3-1-0	9-0-1-0	W9
d-Washington	28	18	8	1	1	92	74	38	12-2-0-1	6-6-1-0	5-4-0-1	L2
d-Montreal	27	17	8	2	0	71	53	36	10-4-0-2	7-4-0-0	6-3-1-0	W2
Philadelphia	28	17	7	2	2	95	69	38	10-5-0-1	7-2-2-1	5-3-0-2	W2
Tampa Bay	27	15	9	2	1	84	94	33	7-2-1-1	8-7-1-0	7-2-0-1	W1
NY Rangers	29	16	12	1	0	83	77	33	6-8-1-0	10-4-0-0	6-4-0-0	L1
Boston	25	14	8	0	3	72	50	31	5-5-0-2	9-3-0-1	5-3-0-2	L1
Atlanta	27	14	10	1	2	88	81	31	8-5-0-1	6-5-1-1	7-3-0-0	W1
Ottawa	28	12	14	1	1	61	81	26	7-7-0-1	5-7-1-0	3-6-0-1	W1
Carolina	26	11	12	0	3	75	94	25	6-5-0-1	5-7-0-2	3-4-0-3	L1
Buffalo	27	11	13	3	0	68	73	25	5-8-1-0	6-5-1-0	6-4-0-0	W2
Florida	25	11	14	0	0	64	66	22	5-5-0-0	6-9-0-0	4-6-0-0	W1
Toronto	25	9	12	2	2	54	72	22	7-5-2-1	2-7-0-1	4-5-1-0	W1
New Jersey	26	8	16	1	1	49	79	18	4-6-1-1	4-10-0-0	4-6-0-0	L2
NY Islanders	25	5	15	3	2	56	86	15	3-6-1-1	2-9-2-1	1-7-1-1	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	24	17	4	2	1	84	62	37	10-1-1-1	7-3-1-0	7-1-2-0	L1
d-Dallas	25	16	8	0	1	74	66	33	10-3-0-1	6-5-0-0	8-1-0-1	W6
d-Vancouver	24	14	8	1	2	80	64	31	8-3-0-1	6-5-1-1	5-4-1-0	L1
Chicago	29	15	12	1	1	90	84	32	7-8-0-0	8-4-1-1	7-3-0-0	W1
Phoenix	26	13	7	4	2	74	72	31	5-3-2-1	8-4-2-0	7-2-0-1	W1
Los Angeles	25	15	10	0	0	69	62	30	10-2-0-0	5-8-0-0	7-2-0-0	W2
St. Louis	26	13	9	2	2	67	72	30	8-2-0-1	5-7-2-1	4-5-1-0	W1
Columbus	25	14	10	0	1	67	69	29	6-7-0-1	8-3-0-0	5-4-0-1	L5
Nashville	25	12	8	3	2	63	65	29	5-1-3-2	7-7-0-0	5-3-0-2	W3
Colorado	26	13	10	3	0	91	82	29	7-4-1-0	5-6-2-0	4-4-2-0	L3
Anaheim	29	13	13	2	1	71	87	29	9-6-0-1	4-7-2-0	3-6-1-0	L2
San Jose	25	12	9	4	0	73	71	28	7-4-2-0	5-5-2-0	4-4-2-0	L1
Minnesota	26	11	11	1	3	63	76	26	7-6-0-2	4-5-1-1	3-5-1-1	L5
Edmonton	26	10	12	1	3	70	93	24	4-6-0-1	6-6-1-2	6-3-0-1	W4
Calgary	27	11	14	1	1	74	82	24	6-6-0-0	5-8-1-1	4-4-1-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results

Philadelphia 3 N.Y. Islanders 2

Ottawa 3 N.Y. Rangers 1

Chicago 4 Calgary 2

Phoenix 3 Anaheim 0

St. Louis 3 Vancouver 2

Saturday's results

Edmonton 2 St. Louis 1 (OT)

Montreal 3 San Jose 1

Toronto 3 Boston 2 (SO)

Buffalo 1 Ottawa 0 (SO)

Atlanta 3 Washington 1

Dallas 3 Minnesota 3 (OT)

FLAMES 2

First Period

1. St. Louis, Steen 6 (D'Agostini, Berglund)

4:13

2. Vancouver, Hansen 2 (Tambellini, Ballard)

11:55

Penalties — Colaiacovo STL (cross-checking, fighting), Ballard Vcr (fighting) 1:58, Burrows Vcr (hooking) 13:01, Della Rovere STL (goal-tender interference) 15:58, Bieksa Vcr (hooking) 18:40.

Second Period

3. St. Louis, D'Agostini 7 (Brewer, Steen) 1:55

4. Vancouver, Bieksa 2 (D.Sedin) 7:05

Penalties — Bolduc Vcr (tripping) 3:04, Johnson STL (tripping) 5:00, D.Sedin Vcr (holding stick) 11:13, D'Agostini STL (goal-tender interference) 17:49.

Third Period

5. St. Louis, Steen 7, 6:11

Penalties — Backes STL (holding stick) 9:52, Samuelsson Vcr (high-sticking; served by Torres) 17:32.

Shots

St. Louis 10 10 8 28

Vancouver 7 9 7 23

Goal — St. Louis: Halak (W,11-7-3); Vancouver: Luongo (L,11-8-2). **Power plays (goals-chances)** — St. Louis: 0-5; Vancouver: 0-5.

Att. — 18,810 (18,810) at Vancouver.

BLACKHAWKS 4, FLAMES 2

First Period

1. Chicago, Bickell 5 (Campbell) 4:14 (pp)

2. Chicago, Bolland 2 (Toews, Seabrook) 10:21 (pp)

3. Calgary, Iginla 11 (Bourque, Bouwmeester) 13:06 (pp)

4. Calgary, Babchuk 4 (Giordano, Morrison)

GOLF

PGA TOUR Q-SCHOOL

At Winter Garden, Fla.

p-Panther Lake Course (7,223 yards; par-71—

35-36); c-Crooked Cat Course (7,493 yards;

par-72—36-36)

Fifth Round

Billy Mayfair 69-69-68-68-67—341

Ben Martin 66-68-67-69-71—341

Bio Kim 70-70-66-68-68—342

Will Strickler 72-69-67-68-68—344

William McGirt 69-72-68-66-69—344

Zack Miller 70-68-67-68-71—344

Cameron Tringale 69-67-69-68-71—345

Nate Smith 73-69-66-67-70—345

Gary Woodland 71-68-69-67-70—346

Michael Putnam 71-73-69-66-67—346

Brandt Jobe 72-65-71-69-69—346

Jerrod Lyle 70-68-71-67-70—346

Billy Horschel 70-72-66-68-70—346

Scott Stallings 71-71-67-65-72—346

James Driscoll 68-68-66-66-75—346

Camilo Benedetti 73-73-71-64-66—347

Matt McQuillan 70-67-72-72-66—347

Sunghoon Kang 68-67-71-71-70—347

Kent Jones 70-69-71-68-70—347

Jeff Quinley 74-65-69-69-70—347

Paul Stankowski 69-72-66-68-72—347

Joe Affrunti 70-70-66-70-68—348

Kyle Stanley 65-70-65-75-69—348

Michael Thompson 73-72-69-65-69—348

Ryan Armour 71-72-70-69-66—348

Justin Hicks 72-71-70-65-70—348

Richard S. Johnson 72-71-68-70-68—349

Carlos Franco 70-66-71-74-68—349

Jim Renner 72-68-73-69-67—349

Scott Gordon 70-70-67-71-71—349

Luke Hickmott 72-69-66-71-71—349

Richard Lee 73-68-67-72-72—349

Josh Geary 69-67-72-70-72—350

Joseph Bramlett 67-73-69-69-72—350

Shawn Jasper 70-72-72-69-67—350

Danny Wilcox 69-70-69-72-71—351

Tommy Biershenk 71-70-71-68-71—351

Andres Gonzales 70-71-68-71-71—351

Nicholas Thompson 72-71-71-68-69—351

Jill Killeen 71-68-70-69-73—351

Gavin Coles 69-72-71-67-72—351

Chris Baryla 72-61-73-71-74—351

Matthew Goggin 73-74-65-71-68—351

Charles Warren 70-67-70-70-74—351

Alexandre Rocha 72-73-70-68-68—351

Will MacKenzie 72-73-70-66-71—352

Danny Lee 74-72-69-65-72—352

Jake Younan-Wise 72-72-71-73-65—353

Stephen Gangloff 70-77-67-68-70—352

Tyrene Van Aswegen 72-70-73-68-69—352

Michael Letzig 73-71-69-72-67—352

Dustin Garza 72-70-70-68-72—353

Seung Ho Lee 69-67-71-73-73—353

Sang-moon Bae 76-70-66-70-71—353

Briny Baird 79-66-69-68-71—353

Jon Mills 75-71-71-70-67—354

Aaron Watkins 73-72-67-70-71—353

Greg Owen 76-69-70-71-68—354

Also 71-71-74-72-67—355

Matthew Richardson 74-69-73-69-72—357

Ted Brown 71-70-70-72-70—361

David McKenzie 75-74-71-71-72—363

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Par 72

Final Round

Maria Hjorth, \$225,000

Am Yung, \$137,660

In-Kyung Kim, \$88,686

Cristie Kerr, \$88,686

Na Yeon Choi, \$56,608

Laura Diaz, \$56,608

Mariajo Uribe, \$36,041

Beatriz Recari, \$36,041

Angela Stanford, \$36,041

Ilhee Lee, \$36,041

Sandra Gal, \$24,215

Suzann Pettersen, \$24,215

Song Hee Kim, \$24,215

Se Ri Pak, \$24,215

Morgan Pressel, \$24,215

Katherine Hull, \$24,215

Yuriyavazco, \$18,416

Christine Kim, \$18,416

Heather Bowie Young, \$18,416

Seon Hwa Lee, \$18,416

Yani Tseng, \$16,756

Mina Harigae, \$11,397

Did Not Qualify for Final Round

Alena Sharp, \$10,038

76-71-74-221-BQ

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	16	4	.800	—
d-Orlando	15	5	.750	1
Atlanta	13	8	.619	3½
Miami	13	8	.619	3½
New York	12	9	.571	4½
d-Chicago	10	8	.556	5
Indiana	9	9	.500	6
Toronto	8	12	.400	8
Phoenix	7	12	.368	8½
Charlotte	7	13	.350	9
Cleveland	7	13	.350	9
Detroit	7	14	.333	9½
Washington	6	13	.316	9½
Philadelphia	6	14	.300	10
New Jersey	6	15	.286	10½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	17	3	.850	—
Dallas	16	4	.800	1
d-Utah	15	6	.714	2½
d-L.A. Lakers	14	6	.700	3
Denver	13	6	.684	3½
Oklahoma City	14	7	.667	3½
New Orleans	13	7	.650	4
Phoenix	11	9	.550	6
Portland	9	11	.450	8
Golden State	8	12	.400	9
Memphis	8	13	.381	9½
Houston	7	13	.350	10
Minnesota	5	15	.250	12
Sacramento	4	14	.222	12½
L.A. Clippers	4	17	.190	13½
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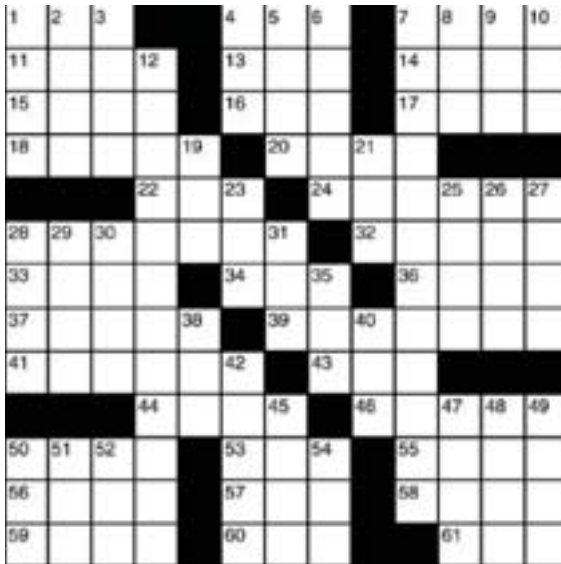
Crossword

Across

- 1 12-Down's network
4 Upper limb
7 Relaxation
11 Historic periods
13 Hawaiian necklace
14 Mid-month date
15 Mischievous Norse god
16 Remiss
17 Capricorn critter
18 Between, in verse
20 Oodles
22 Playground game
24 Rowling's Harry
28 Hedonistic fellow
32 Entire
33 Weaving device
34 Lummox
36 English river
37 "Little Orphan —"
39 Got ripe
41 Quite small
43 Tavern
44 "Once — a time"
46 Perfect
50 Cushiony
53 Youngster
55 — Romeo (car)
56 Leg joint
57 — out a living
58 Knitter's need
59 Deviates off course
60 Stitch
61 Affirmative action?

Down

- 1 Irishman, e.g.
2 Forehead
3 H.H. Munro pseudonym
4 Every last bit
5 Paper quantity
6 Confusion
7 9-to-5 shift, e.g.
8 Fuss
9 Red or Black
10 Superlative suffix
12 Andy Rooney's show
19 Bill
21 Heifer's mom
23 Sticky stuff
25 Go sightseeing
26 Otherwise
27 Clarinet insert
28 Troop grp.
29 Unescorted
30 Top-rated
31 Sweet potato
35 "Great!"
38 Kreskin's claim



► Yesterday's answer



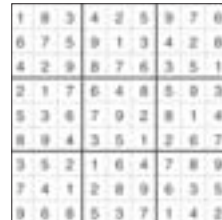
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Mumzey, after all those years, you are still my # one! Happy birthday. I C U.
POPS

Bubba I know this past month isn't the greatest but I want you to know, I will always love you. I fell in love with you the day I met you and that love has only grown stronger. I'm sorry for whatever it is I've done. The only thing I want is my baby. Without you, I am nothing. I really love you babe, please take me back!
YOUR BABBA, XOXO

To My Baby Love,
Wishing for an angel to come down to me, and then I met you. You truly are the best girl I ever met and all the time we spent together I wouldn't trade for anything in the world. You mean everything to me and I'd do anything for you, in short I just want to tell you I love you babes <3
YOUR NERD ROBERTO B P

Today's horoscope

♈ **Aries** March 21-April 20
With Mercury linked to Pluto today it may feel as if others have the upper hand, but that need not be the case. Your sense of powerlessness is largely in your mind.

♉ **Taurus** April 21-May
The planets will cause a conflict with someone you care about today. That may not sound like good news but deep down you know it is time to bring certain issues into the open

♊ **Gemini** May 22-June 21
The pressure has been building for quite some time and at some stage today it will reach boiling point. Whatever life throws at you over the next 24 hours just pick it up and throw it back.

♋ **Cancer** June 22-July 22
You can be somewhat stubborn when the mood takes you and with mind plant Mercury close to Pluto in your opposite sign you won't give way on anything today, no matter how petty or small.

♌ **Leo** July 23-Aug. 23
No amount of compromise will solve the stalemate you find yourself in today, so all you can do is fight for what you believe and hope you come out on top.

♍ **Virgo** Aug. 24-Sept. 22
Different people see things in different ways and if you can accept that today you won't have too many problems, either at home or at work. You may not like what some people

For today's crossword answers and for expanded horoscopes, go to metronews.ca

ple believe in but agree to disagree anyway.

♎ **Libra** Sept. 23-Oct. 23
You must keep a sense of perspective today, especially where domestic issues are concerned, because if you allow annoying situations to get under your skin you may say or do something that makes things worse.

♏ **Scorpio** Oct. 24-Nov. 22
You are sure to be assertive and ambitious today but don't come on so strong that you put people off.

♐ **Sagittarius** Nov. 23-Dec. 21
A money-making opportunity will come at you out of the blue today and hopefully you won't be too shocked to take advantage of it.

♑ **Capricorn** Dec. 22-Jan. 20
Don't go back on a promise you made to a friend or loved one because you'll regret it if you do. Live up to your obligations

♒ **Aquarius** Jan. 21-Feb. 18
What happens today may shock you a bit but you should have seen it coming. On the other hand it's unlikely to be as bad as it first looks

♓ **Pisces** Feb. 19-March 20
You will finally discover what has been going on today and it won't be anywhere near as dreadful as you had imagined.

● SALLY BROMPTON

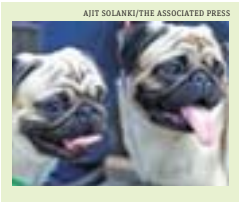
Caption contest



MANDI LANE

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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